

FOOD AND NUTRITION SUMMER INSTITUTE NEWSLETTER

USDA Food & Nutrition
Summer Institute. North
Carolina Central University,
Durham, North Carolina.
June 27-30, 2004.

EDITOR'S COMMENTS

Spring is finally in the air. Several interesting things have happened since our last newsletter. **Tiffanie Nowlin**, a graduate student at Howard University, passed the Registered Dietitian Exam in January and is now officially a RD. Tiffanie writes in this issue about the American Dietetic Association Public Policy Workshop she attended in March. **Judyth Anglin** successfully defended her Master's thesis, *Effect of Dietary Fiber and Protein on Obesity and Diabetes in the Sand Rat (*Psammomys obesus*)* this month, and will graduate in May 2004. Judyth wisely used the Summer Institute research project and worked with Dr. Michelle Chenault, FDA, and Dr. Enid Knight, her Howard University faculty advisor, to complete her Master's in one year. Judyth also passed the RD Exam in October 2003. Kudos and congratulations to Judyth!! Next step is the PhD!



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Dr. Gladys Gary Vaughn, one of the co-founders of the USDA Food and Nutrition Summer Institute, has accepted a new position. She will be the Director of the Office of Outreach for USDA. This position is in the Office of the Assistant Secretary for Civil Rights. We wish Dr. Vaughn much success and look forward to her continued support through her new position.

We're also very happy to announce that **Dr. Deirdra Chester** will join the USDA

(Continued on page 2)



"...Tell me and I
forget. Teach me,
and I may
remember.
Involve me, and I
learn."

AMERICAN DIETETIC ASSOCIATION (ADA) PUBLIC POLICY WORKSHOP

This year the American Dietetic Association (ADA) Public Policy Workshop (PPW) was held March 23-25 in Washington, DC. The PPW is one of the focal points of ADA's advocacy programs. At this workshop ADA brings together State Affiliates, Dietary Practice Groups, Legislative Network Coordinators, and ADA members who want to play an integral role in legislative policy issues and initiatives. The PPW also provides you with opportunities to develop skills and connections with other dietetic professionals and elected officials in order to effectively represent ADA's interests in any setting where food, nutrition and health decisions are made.



The theme of this year's Workshop was *"Food and Nutrition Matters."* This was my first time attending the PPW and also my first real meeting as a registered dietitian. I have always had an interest in policy and my supervisor, Dr. Paul Cotton, advised me to attend.

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Community Nutrition Research Group as a postdoctoral research nutritionist at the end of May. Dr. Chester is a RD and received her PhD from Florida International University. She will be working primarily with the *Nutrition, Physical Activity and Diabetes: Community Model Study*. You will meet her in June.



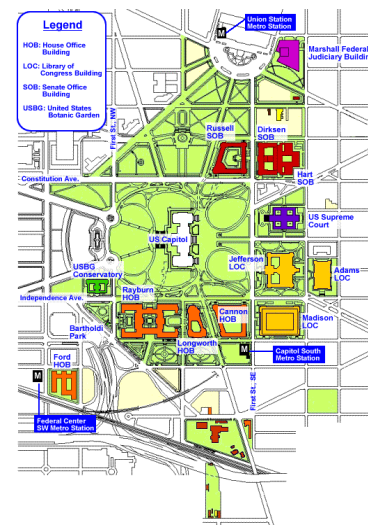
Judyth Anglin (Center foreground) with her thesis committee Drs. Atkins, Knight, Agurs-Collins, Baker, and Chenault

Last but not least, we are busily putting the final touches on the plans for the Summer Institute meeting to be held June 27 – 30 at North Carolina Central University in Durham, NC. A copy of the preliminary agenda is on page 3 in this issue.

ADA Public Policy Workshop (Cont'd from page 1)

The first session I attended was the **"First Timers Orientation Government Relations 101: An Introduction to Tools, Techniques and Best Practices."** During the session I got a better grasp of public policy and how the Workshop would benefit me. The facilitators graciously answered all of our questions and concerns. They helped us prepare for the main event on Thursday, which included a trip to Capitol Hill where we were to talk to our Congressional representatives about important nutrition and health issues affecting the profession and the public.

Next, everyone attended the **General Session** that included the welcome, singing the national anthem and an overview of the PPW 2004 goals. Throughout the session we listened to various speakers from Michael Dunn of Michael Dunn & Associates, a well known public affairs consulting firm, to Pat McKnight, the officer of State and Local Government Relations for the ADA. Each speaker delivered a different aspect of public policy and gave helpful tips on how to network and get results when talking to Congress. After about an hour in the session I did not feel like I was at a workshop, but more like I was in class. The speakers went from teaching and explaining the ins and outs of government and how dietitians fit into that mold to teaching strategizing tools to make Congress listen to you. The evening ended with a **Networking Reception** where I met some of the most influential members within ADA and the government.



The next day was a continuation of learning and honing of skills. The sessions covered topics such as Communication, Message Development and Effective Presentations, and special words and presentations from Congressional representatives so that we could understand policy from their perspectives. The latter part of the evening was spent talking about various issues that were of great importance to the ADA and really needed specific attention when talking to Congress. We discussed topics such as medical nutrition therapy benefits, child nutrition, aging, obesity, nutrition monitoring and research.

By the end of the Workshop, I felt very prepared to take on new policy endeavors. The speakers were exciting, knowledgeable and really seemed to enjoy what they do, which in turn motivated me. Although I did not have the opportunity to make the Hill visits, I did learn that in order to be an effective dietitian you have to understand policy and the only way to develop political power is to get involved in the community, get involved in elections and never allow anyone to translate your views or to speak for you when you have the opportunity to do it yourself. I definitely plan on attending future Public Policy Workshops because the most valuable lesson learned was that my voice and knowledge in nutrition are powerful tools to bring about change. Next year the Public Policy Workshop will be held March 1-3 at the Capital Hilton in Washington, D.C.

Food and Nutrition Summer Institute Agenda (June 27-30, 2004)

	<u>Morning</u>	<u>Afternoon</u>	<u>Evening</u>
Saturday, June 26		3:00 p.m. - Hotel check-in begins-- Radisson Governors Inn, Research Triangle Park (<i>participants may arrive</i>	***Dinner on your own***
Radisson Governors Inn, Research Triangle Park			
Sunday, June 27		1:00-2:00 Registration 2:00-2:30 Welcome & Opening 2:30-3:00 Purpose, Objectives & Agenda for FNSI 2004 3:00-6:00 "Getting the Word Out"--A Workshop on Data Analysis, Interpretation, and Scientific Writing	6:30-8:30 Reception & Dinner "Addressing Obesity, Physical Activity, and Diabetes in Our Communities"
NCCU Education Building			
Monday, June 28	8:30-9:00 Project Overview: Community Model & Presentations to follow 9:00-9:20 Alabama A&M 9:20-9:40 Howard 9:40-10:00 NCCU 10:00-10:30 Break 10:30-10:50 Salish Kootenai 10:50-11:10 Southern 11:10-11:30 Tuskegee 11:30-11:50 UAPB 11:50-12:20 Q&A	12:30-1:30 Lunch 1:30-2:00 Project Overview: Animal Model & Presentations to follow 2:00-2:20 Howard - Student 1 2:20-2:40 Howard - Student 2 2:40-3:10 Break 3:10-3:20 Howard - Student 3 3:20-3:40 Howard - Student 4 3:40-4:00 Morgan State - Student 4:00-4:30 Q&A 4:30-5:00 Closing Discussion	***Dinner on your own*** 7:30-9:00 Evening session TBA
Tuesday, June 29	8:00-10:00 Research Project(s) - Year 2 10:00-10:30 Break 10:30-12:00 Research Project(s) - Year 2 (cont'd)	12:00-1:00 Lunch 1:00-4:30 Community Site Visit TBA 5:00 Return to Hotel	***Dinner on your own***
Wednesday, June 30	8:30-1:00 Creating a Virtual Food and Nutrition Summer Institute ◇ 8:30-8:50 Introduction ◇ 8:50-10:00 DataXchange Demonstration ◇ 10:00-10:30 Break ◇ 10:30-12:00 Developing Core Curriculum ◇ 12:00-1:00 Documenting Research Findings	1:00-3:00 Pig Pickin' Barbeque 3:15-4:00 FNSI Plans for the 18th International Congress of Nutrition; September 19-24, 2005; Durban, South Africa 4:00-4:30 Closing Remarks	

PHOTO GALLERY

FNSI research project site visit at Alabama A & M University

Dr. Donnie Cook and Andrea M. Jordan, student



Local food
and physical
activity
outlets in
Alabama
A&M
University
community



PHOTO GALLERY

FNSI research project site visit at Tuskegee University



Local Farmer in Tuskegee town square



Drs. Bovell-Benjamin, Phillips, and Harris with students, Samia Ibrahim and instructor, Elaine Bromfield



Local YMCA



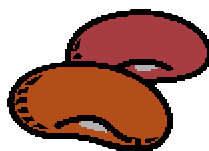
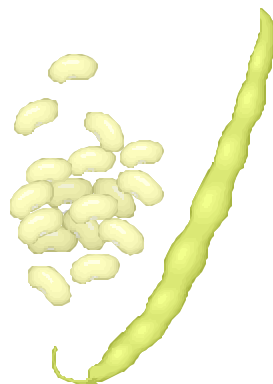
Calhoun Foods Store Manager, Ms. Dowdell and employees, Stephanie, Helen, and Pinkie before preparing lunch for Senior RSVP Program, which serves breakfast and lunch to elderly Tuskegee residents

HEALTHY EATING RECIPE

PICKLED THREE-BEAN SALAD

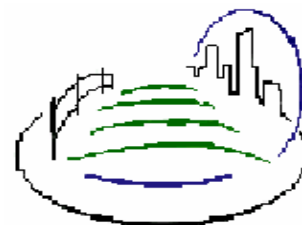
INGREDIENTS

- 1 1/2 cups Green or yellow
- 1 1/2 cups Canned red kidney beans (drained)
- 1 cup Canned garbanzo beans (drained)
- 1/2 cup Thinly sliced onions
- 1/2 cup Thinly sliced celery
- 1/2 cup Sliced green peppers
- 1/2 cup White vinegar
- 1/4 cup Bottled lemon juice
- 3/4 cup Sugar
- 1/4 cup Oil (olive oil)
- 1/2 ts Canning or pickling salt
- 1 1/4 cup Water



Directions: Wash and snap off ends of fresh beans. Cut or snap into 1-2 inch pieces. Blanch 3 minutes and cool immediately. Rinse kidney beans with tap water and drain again. Prepare and measure all other vegetables. Combine vinegar, lemon juice, sugar, and water and bring to a boil. Remove from heat. Add oil and salt and mix well. Add beans, onions, celery, and green pepper to solution and bring to simmer. Marinate 12 to 14 hours in refrigerator.

Exported from Master Cook, www.recipesource.com



Visit us online @

<http://www.ba.ars.usda.gov/cnrg/research/fnsi>

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